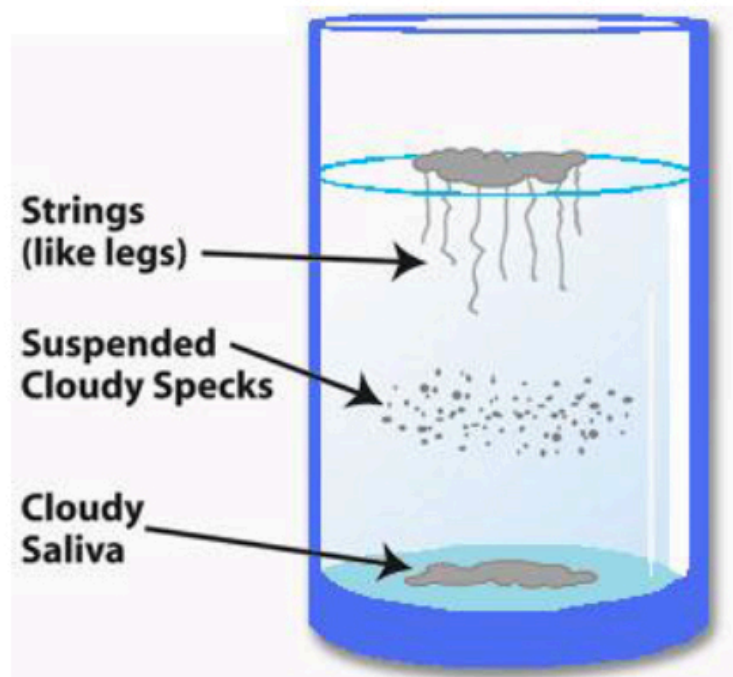


Candida Test

- First thing in the morning, before you put anything in your mouth, spit some saliva into a clear glass with room temperature filtered water. Check the water every 15 minutes or so for up to one hour.



- If you see any of these patterns in your saliva, it means you have Candida overgrowth